



News from **SALEM COUNTY**

Office of Public Information

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FOR IMMEDIATE RELEASE: July 29, 2011

FREEHOLDERS REMIND RESIDENTS WITH SPECIAL NEEDS THAT THERE “COOLING CENTERS” IN SALEM COUNTY

(SALEM, NJ)—As Salem County braces for the sixth heat wave of the year, the Salem County Board of Chosen Freeholders is reminding residents that there are areas “cooling centers” throughout Salem County through the municipalities. These “cooling centers” are intended for individuals who have medical and/or other conditions that make it extremely dangerous for them to be in the excessive heat without air conditioning.

“The cooling centers are located and run through each municipality to assist members of the community who have emergency air conditioning failures, or are completely without any means of heat relief during excessive heat emergencies,” said Freeholder Director Lee Ware. “Salem County’ Emergency Management Department and Department of Social Services are working with our municipalities to ensure that our residents have the information they need to seek relief during the dangerous heat emergencies.”

The centers, operated by individual municipalities, are only open during certain hours and are not intended for overnight stays. Members of the public seeking a cooling center can contact during normal business hours the Office on Aging at 856-339-8622 or the Office of Disability Service at 856-935-7510 ext. 8311. During off hours and weekends, members of the public can contact the County Office of Emergency Management at 856-769-1955. These phone numbers are for non-emergencies. Individuals who have a true emergency requiring medical, fire, or police attention should call 9-11.

Everyone, regardless of age or disability status, should follow these heat-related emergency safety tips:

- Stay indoors in air conditioning as much as possible
- If you do go outside, stay in the shade
- If your home is not air conditioned, spend at least two hours daily at an air conditioned mall, library, senior center or other public place
- Wear sunscreen outside, along with loose fitting light colored clothes that cover as much skin as possible
- Drink water regularly even if you are not thirsty. Limit alcohol, and sugary drinks which speeds dehydration
- Never leave children or pets alone in the car
- Avoid exertion during the hottest part of the day



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- Take a cool shower or bath

Heat is often referred to as the “silent killer,” in contrast to tornados, hurricanes and other natural hazards with more dramatic visual effects. For more information regarding heat related emergencies and a list of the County Emergency Management Offices, please log on to www.ready.nj.gov, or visit the National Weather Service Heat Safety Page (<http://www.weather.gov/om/heat/index.shtml>). The US Center for Disease Control Heat Safety Page (<http://www.bt.cdc.gov/disasters/extremeheat/>) contains information about the signs and symptoms of heat stroke and heat exhaustion. Call 2-1-1, New Jersey’s toll-free, confidential help line, for information about heat safety resources.

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